OBAMA'S GRANDMOTHER DEAD AT 86, PG 5

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Celebrity Pg 18

Reynolds inspired by dad, Fox in race

Historic U.S. vote

Democrat Barack Obama has firm control of the U.S. presidential election heading into today's voting, with Republican John McCain searching for signs of hope in an increasingly bleak political landscape.

Obama has led McCain in every national opinion poll since late September, and is ahead with more than 300 state electoral votes — far more than the 270 needed to capture the White House.

McCain's camp says the race has tightened down the stretch in battleground states, but some national and state polls show Obama expanding his lead in the final days of a gruelling two-year campaign.

To win, McCain must fend off Obama in about a dozen states won by Republican President George W. Bush in 2004. Obama is ahead or running even with the Arizona senator in at least eight of them, including the big prizes of Ohio and Florida.

"McCain has to win them all. He has to pass every test and win every battleground all night. He has no margin of error," said Peter Brown, assistant director of the Quinnipiac University poll.

Obama has taken command of the race in the last month amid a deepening economic crisis that reinforced his perceived strengths on the economy, and in three debates where his steady performance appeared to ease lingering doubts for some voters.

Questions remain about the hidden impact of racial issues on voters — Obama would be the first black U.S. president — and about Obama's ability to significantly expand turnout among young and black voters.

But if opinion polls are to be believed, none of that seems likely to matter today.

In the eight national polls released by midday yesterday, Obama led by between five and 11 percentage points.

McCain raced through seven states yesterday in a frenzied dash to make gains on Obama. Aides to the Arizona senator said he was closing ground in the final days of the race, although there was scant public evidence of that.

"I don't think there is a path to victory left for McCain unless he draws an inside straight, which means he wins Virginia, North Carolina, Florida, Ohio, Nevada, Colorado and Indiana — and that's very problematic," said Democratic consultant Doug Schoen.

REUTERS

OBAMA: JASON REED/REUTERS MCCAIN: BRIAN SNYDER/REUTERS

Senator Barack Obama, left, and Senator John McCain face off in today's U.S. presidential election.

Mayor appeals to Grits to keep convention

LEADERSHIP Vancouver Mayor Sam Sullivan is fighting to keep the upcoming federal Liberal leadership convention in Vancouver.

In a letter yesterday to Doug Ferguson, president of the Liberal Party of Canada, Sullivan said not having the convention in Vancouver would remove $10 to $15 million from the local economy.

It would also, Sullivan said, be a lost opportunity to showcase the city as the host of the 2010 Olympic and Paralympic Games.

In the letter, Sullivan said he was writing in response to recent media reports that the Liberals were reconsidering their convention plans.

Originally, the party planned to hold their biennial convention in Vancouver from May 1 to 4. The party's executive is expected to meet later this week to finalize the location and date for the leadership convention.

JEFF HODSON/METRO VANCOUVER

ShareYourViews
vancouverletters@metronews.ca

Entertainment pg16

McGinnis sizes up Bond's taste

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Broadway station facelift begins this month
Broadway SkyTrain station is being given a $13.2 million makeover by the province and TransLink. Construction begins this month for improved security, as well as more entrances and more passenger capacity. METRO NEWS SERVICES

Local

Singh slated to leave last night

Paralyzed refugee claimant Laibar Singh was set to return home to India last night. His supporters said he'd given up waiting for the government to grant him refugee status. Singh became ill after illegally entering Canada and took sanctuary in an Abbotsford Sikh temple to avoid deportation. CBC NEWS ONLINE

Chowder competition heats up

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The fishy smells at the Vancouver Aquarium yesterday were unusually delicious.

Visitors to the aquarium got to sample the fodder from five popular Vancouver restaurants, narrowed from 40, for the inaugural B.C. Sustainable Seafood Chowder competition.

The winning recipe by Quang Dang from C Restaurant, which was selected by a panel of judges, will be used by Raincoast Trading for a new canned seafood chowder.

Angela Griffiths, director of conservation with the aquarium, said the competition was a way to promote the beginning of Ocean Wise Month.

The aquarium program works with restaurants and markets to make sustainable seafood purchasing decisions.

"It (also) lets consumers make better choices about what they're eating," Griffiths said, adding that sustainable items are highlighted by the Ocean Wise symbol. "(We) look at how species are caught, how stable the population is and whether it's being well-managed. It changes all the time. A particular salmon species might be healthy one year and not the other."

Griffiths said when the program started in 2005, 16 Lower Mainland restaurants were involved. Now, 125 restaurants, markets and culinary institutions at more than 2,000 locations across Canada participate.

RAFE ARNOTT / METRO VANCOUVER

Steven Brochu, right, and first cook Ross Johnston from the Fairmont Waterfront Hotel serve up some Manhattan-style chowder at the Vancouver Aquarium yesterday.

Geller's latest campaign ads unbe-leaf-able

JEFF HODSON
jeff.hodson@metronews.ca

City council candidate Michael Geller is turning over a new leaf — or, more accurately, hundreds of old ones.

In a novel promotion, Geller's campaign manager has scribbled "Vote Geller, Nov. 15" on hundreds of leaves and scattered them in places where voters might find them.

"I'm sure I'm the only politician in Canada using real maple leaves to promote his candidacy," said Geller, an NPA candidate in the Nov. 15 civic election.

Geller, an architect and planner who was behind the UniverCity development at Simon Fraser University, is also hiring homeless people from the Downtown Eastside to help erect election signs.

RAFE ARNOTT / METRO VANCOUVER

NPA council candidate Michael Geller holds up a maple leaf with his name and election date in Vancouver yesterday.

Falun Gong protest site reviewed

MARIA COOTAUCO
for Metro Vancouver

A seven-day hearing to decide the fate of the Falun Gong protest site outside the Chinese Consulate began yesterday with Counsel for Falun Gong cross-examining city officials.

"It's become the most well-known protest in the world — the only one that is there 24 hours a day, seven days a week," said Clive Ansley, counsel for the Falun Dafa Association.

Falun Gong practitioners first set up banners and a small structure in 2001 to "protest the killing of scores of thousands of people in order to facilitate the theft of their organs as well as massive use of torture against them," according to Ansley.

RAFE ARNOTT / METRO VANCOUVER

A Falun Gong practitioner rakes in front of their protest structure outside the Chinese Consulate on Granville Street yesterday.

The City wants to tear down the structure because it says it violates a by-law regulating streets and sidewalks.

The Falun Gong argue that their freedom of speech is being muzzled.

"This is a way of bringing these kinds of abuses to the attention of the public," Ansley said.

Family of comatose worker struggling

JEFF HODSON
jeff.hodson@metronews.ca

The wife of a worker left comatose after an accident at a Langley mushroom farm is homeless and struggling to care for three small children, an immigrant assistance organization said yesterday.

Three workers died in the Sept. 5 accident, which is being investigated by WorkSafeBC.

SUCCESS, an organization that provides social and employment services to immigrants, appealed for public assistance for Hue Dung Truong, whose husband Phuc Thang Tchen was hospitalized and is in critical condition.

"Seeing my husband there gave me hope that he would be able to recover," said Truong in Cantonese through an interpreter.

"But the doctor said that his situation is very critical and that he may not even last the day."

Tchen suffered severe brain damage and while he has opened his eyes has shown no signs of consciousness.

At the time of the accident the Tchen family was planning to move from a shared basement suite in Aldergrove to a home in Surrey, but did not pay the deposit because of the accident.

Truong and her three children, aged 3, 8 and 10, were put up in a New Westminster hotel and on Sunday moved into a temporary apartment while they wait for social housing.

Donations

- An account in trust of Phuc Thang Tchen and family has been set up at the Chinatown Branch of TD-Canada Trust. The account number is 5220622.

Ladner proposes barrier protecting bridge cyclists

TRAFFIC Peter Ladner wants to install a safety barrier to separate pedestrians from cyclists on the Burrard Street Bridge, the NPA mayoral candidate announced yesterday.

Ladner said his first choice — to widen the sidewalks for $63 million — is unaffordable, and called the barrier a "compromise solution."

Vision Vancouver council candidate Andrea Reimer said Ladner's plan pits cyclists against pedestrians.

Vision has promised to turn one lane into bike paths and install a counterflow lane so traffic won't back up.

JEFF HODSON / METRO VANCOUVER

$15K damages in tire slashing

VANDALISM Five or six men dressed in dark clothing and balaclavas slashed the tires on 32 cars at the Dueck Pontiac dealership on Terminal Avenue on Halloween night.

Vancouver police spokesman Const. Tim Fanning said the estimated damage was about $15,000.

MARIA COOTAUCO/METRO VANCOUVER

News in brief

POLICE New Westminster Police said one of its officers has been suspended with pay after an off-duty incident in Port Moody, news1130.com reports. Const. Sukhwinder Dosanjh is facing a charge of assault and unlawfully entering the home of an acquaintance last summer.

THEFT A bakery truck was struck by a carjacker Saturday morning. The vehicle eventually crashed into a fire hydrant and a suspect was arrested.

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What's online today.

Read about Democrats' fears of a 2000 repeat, Republican efforts to keep George W. Bush out of sight and more U.S. election coverage at metronews.ca/world
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Check out Kenya Hunt's new style column at metronews.ca/live

Canadian aboard plane that crashed in Amazon
Patrick Murphy, a Canadian who worked for Markham, Ont.-based Terraquest Ltd., a company that specializes in airborne geophysics, was aboard a plane that went missing Saturday in the Amazon jungles of Guyana, officials said yesterday. **CBC NEWS ONLINE**

Canada

Dancer files discrimination charge

Kim Ouwroulis doesn't believe her age should be a barrier in her chosen career: Exotic dancing. In an unusual test of age discrimination laws, the 44-year-old Toronto-area woman filed a complaint last month with the Human Rights Tribunal of Ontario, alleging the owner of a strip club fired her because she was too old.

CBC NEWS ONLINE

Ontario gets 'have not' status

ECONOMY Ontario will receive its first-ever handout from a federal program designed to help poorer provinces as the global financial slowdown crimps demand in its key manufacturing industries.

Finance Minister Jim Flaherty said after a meeting with his provincial and territorial counterparts yesterday that Ontario will receive $347 million next year under the $14.2-billion equalization program.

It will mark the first time that Ontario will receive funds under the program.

Prince Edward Island, Nova Scotia, New Brunswick and Manitoba are also due to receive payments.

REUTERS

A 'have province'
Newfoundland and Labrador

- For the first time in its history, Newfoundland and Labrador will not be receiving equalization payments.

METRO NEWS SERVICES

Man pleads guilty in death of two girls

SASKATCHEWAN The father of two small girls who froze to death in January wearing only diapers and light shirts pleaded guilty to criminal negligence yesterday, CBC reported.

Christopher Pauchay, 24, had been trying to walk to a neighbour's home with his daughters Santana, 1, and Kaydence, 3, on a night when temperatures dipped below -35 C. **REUTERS**

Quality of life at risk: Report

Canada's environmental record is among the worst in the industrialized world, due in part to its poor performance in fighting global warming, according to a report from the Conference Board of Canada yesterday.

Canada placed 15th among 17 peers, beating only Australia and the United States. Greenhouse gas emissions, high garbage production, and rampant overuse of fresh water were its biggest environmental problems.

"Without serious attention to environmental sustainability, Canada puts its society and its quality of life at risk," the independent research organization said in the report.

Canada's government has been widely criticized for being soft on greenhouse gas emissions, which have been on the rise, partly due to booming development of the Alberta oilsands.

Canada's per capita garbage production, meanwhile, is significantly higher than any other OECD nation, and its per capita water usage is second only to the United States, according to the report.

Sweden, Finland and Norway took the top three slots on the list.

REUTERS

Ottawa **Local food movement**

TRACEY TONG/METRO CANADA

Farmer Matthew Vandenberg, left, and Savour Ottawa co-ordinator Heather Hossie hold locally grown produce at a trade show yesterday. Food scares and environmental concerns are helping to push local, organic food over the top in Ottawa.

U.S. housing slump hits Canadian loggers

LUMBER Canfor Corp. will use the Christmas season to lower lumber production amid weak markets, but it was unclear how many other major Canadian producers would follow suit.

The company is producing at about 65 per cent of capacity because of weak demand caused by the collapse of the U.S. housing construction market, which has seen nearly everyone in the industry idle sawmills over the past year. **REUTERS**

News in brief

GAY MARRIAGE Following the wishes of his Montreal diocese, Anglican Bishop Barry Clarke signaled yesterday he would defy the wishes of the global church and start drafting a ceremony for blessing same-sex marriages. While gay marriages are legal, churches are not compelled to perform weddings.

CALGARY A man who may have been hit with a Taser during a break and enter in Calgary Saturday died in hospital yesterday. It's not clear whether the man, identified as George Walker Bowe, 30, of Castlegar, B.C., was hit by a Taser or had a pre-existing condition.

EXPLOSIONS Repair crews have sealed the leak at a wellhead in northeast British Columbia that was sabotaged in the third bombing of a natural gas facility in the region in less than a month, EnCana Corp said yesterday. No one has yet been charged. **METRO NEWS SERVICES**

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Earliest known shaman gravesite found: Study
An ancient grave unearthed in modern-day Israel containing 50 tortoise shells, a human foot and body parts from numerous animals is likely one of the earliest known shaman burial sites, researchers said yesterday. REUTERS

World

Warm mushrooms eat less carbon

Mushrooms and other fungi that feast on dead vegetation in the soil in dry northern areas like Alaska and Siberia eat less and produce less climate-warming carbon dioxide when the temperature climbs, researchers reported yesterday. The dry mushrooms' ability to decrease carbon emissions might offset 10 per cent of the entire amount of carbon dioxide released by human activities, researchers said. REUTERS

Election coverage goes online

Comedy spoofs by Tina Fey and Stephen Colbert have made the U.S. presidential race a made-for-television event, but today many voters will turn to the Internet to watch election night coverage.

Major media organizations expect record-breaking traffic on their websites as they follow results in the race between Republican John McCain and his Democratic opponent Barack Obama.

Cable network Current TV is taking its coverage a step further, relying entirely on web users to provide its news content.

TV networks' plans for heightened web coverage would seem to serve audiences well. This past Friday, TV trackers at Nielsen Media released a study suggesting web surfing and watching TV go together. Thirty per cent of online activity at home happens while users are watching TV, the study found.

"When you watch CNN, the commentators have laptops in front of them. That tells you all you need to know," said Frank Gilliam, dean of the school of public affairs at the University of California. REUTERS

First results

- Just after midnight last night, citizens of Dixville Notch, New Hampshire voted and submitted the first results of the U.S. presidential race.
- Barack Obama won 15 of 21 votes cast, McCain six, reports CNN.com.

California **Young turning gas-guzzlers into green machines**

ROBERT GALBRAITH/REUTERS

Musician Neil Young looks over his 1959 Lincoln Continental Mark IV that runs on electricity and natural gas during Salesforce.com's Dreamforce conference in San Francisco, Calif., yesterday. Young transformed the automobile through his newly created company, Linc Volt Technology, which promotes the conversion of existing gas-guzzling cars into vehicles that run on alternative energy.

Obama's grandmother dies

ELECTION The grandmother who helped raise Democratic presidential candidate Barack Obama and whom he had credited with shaping his values has died of cancer, he said in a statement yesterday.

The news came on the day before the presidential election and a little more than a week after Obama interrupted his White House campaign to say goodbye to her in Hawaii.

Madelyn Dunham, 86, died peacefully at her home in Honolulu.

Obama mourned his grandmother as a "quiet hero," telling a campaign rally in North Carolina that her death had made the final night of his White House campaign "bittersweet." REUTERS

Bin Laden's media secretary sentenced to life in prison

JUSTICE A U.S. military tribunal at Guantanamo sentenced Osama bin Laden's media secretary to life in prison yesterday after convicting him of conspiring with al-Qaida, soliciting murder and providing material support for terrorism.

FBI interrogators testified that Yemeni prisoner Ali Hamza al Bahlul scripted the videotaped wills of two Sept. 11 hijackers and boasted of making a two-hour al-Qaida commercial designed to recruit suicide bombers. REUTERS

News in brief

FOSSETT Genetic tests on two bones found near the wreckage of Steve Fossett's airplane in the California mountains confirm the missing multimillionaire adventurer is dead, local authorities said yesterday.

COURT Indonesia's Supreme Court said yesterday that a new appeal filed by lawyers for relatives of the Bali bombers against their imminent execution would not delay the sentence being carried out. Three men were sentenced to death for their role in attacks on two nightclubs in Kuta in 2002 that killed 202 people.

SCIENCE Japanese scientists have cloned mice whose bodies were frozen for as long 16 years, and said yesterday it may be possible to use the technique to resurrect extinct species. REUTERS

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Comment & Views

Hero in darkest hour

NationalReport

Crack open the champagne! The world — or so the script has it — changes tonight.

Rarely, if ever, has there been so much fascination in an American election. The anticipated triumph of Barack Obama is being built up as an epochal moment in time. Like John Kennedy in 1960, like Franklin Roosevelt in 1932.

The expectations being thrust upon the 47-year-old senator from Illinois are dizzying. Given the series of obstacles he faces — the wars, the debt, the deficit, the Wall Street crisis, the recession — there is a good chance he will be pulled down quickly from the mountaintop. Hopes that he will be a transformative president could begin to fade quickly.

One of Mr. Obama's singular character traits is his independent mind — his capacity to step outside his own prejudices and those of his country. The problem with politicians, he has said, is that they get to Washington and they get "sucked into the conventional wisdom." They haven't got the strength to withstand the pressures to conform. They haven't conquered their inner territory.

One of the foremost challenges for Mr. Obama, who has an almost mystical quality about him, will be to avoid that trap, to avoid succumbing to the pressures from the political hacks.

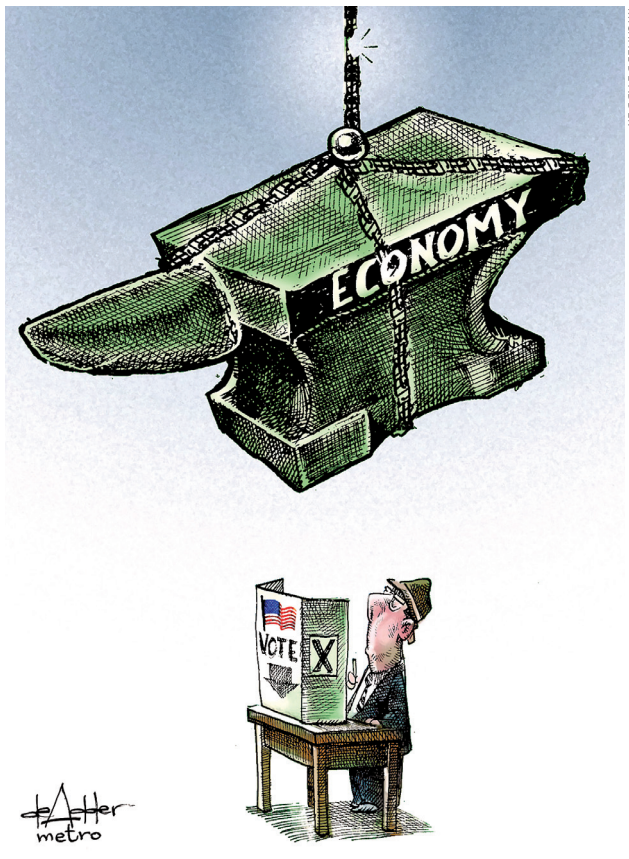
On the campaign trail he has been sounding disappointingly conventional of late. He talks, like most every American politician, of the need for big tax cuts — this when the country has a staggering debt and deficit load which make such tax cuts incomprehensible.

He had a refreshingly inclusive foreign policy but under pressure from lobbies it has become less distinguishable from the old-line stuff of John McCain as the campaign has progressed.

Supporters suggest — and we hope they are right — that Mr. Obama is only playing the games that are required to be elected. To read his book Dreams for My Father is to get a sense how different Mr. Obama is, how universal he is. It is what his country needs after the Bush years — a leader with a global mindset as opposed to a narrow American one.

When the hour is darkest, someone said, the hero will appear. In the story of the United States, it may be that time.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



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National Post cuts presence
The National Post, the flagship daily newspaper of Canwest Global Communications announced yesterday it is suspending home delivery in the province of Manitoba — Canwest's home market — and will only provide Saturday newspapers for retail purchase in Manitoba and neighboring Saskatchewan. REUTERS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Recession narrowly avoided: Think-tank

Canada is expected to barely skirt a recession as slumping trade with the United States, softer commodity prices, and tighter credit markets dim its growth outlook into 2009, the Conference Board of Canada said yesterday.

The independent research group now expects gross domestic product to come in at 0.7 per cent this year, and at 1.5 per cent in 2009.

That compares to an earlier forecast, released Oct. 15, of 0.8 per cent growth in 2008, followed by 2.2 per cent next year.

The Conference Board expects U.S. GDP to squeak out just 0.5 per cent growth in 2009, before rebounding in 2010.

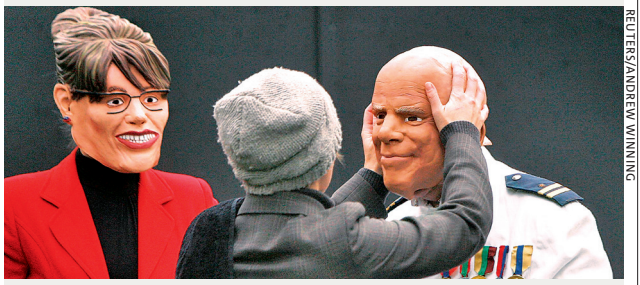
Auto exports are down 19 per cent due to weaker U.S. demand.

REUTERS

On the rebound

- The report said that as markets stabilize, fundamental factors will regain traction and help most raw material prices recover lost ground.

Britain **Betting on Barack**



REUTERS/ANDREW WINNING

A woman helps impersonators wearing Sarah Palin and John McCain masks, during a photocall organized by bookmakers in London yesterday. The English bookmaker Ladbrokes is betting on Barack Obama to win the U.S. presidential election.

Sales of overseas-based automakers on the rise

AUTOS Lower prices led Canadians to buy more vehicles in October, industry figures showed yesterday, with overseas-based manufacturers adding to their market share while Detroit's Big Three were mostly in retreat.

The results, which showed a 1.5 per cent gain in overall sales from the year before, contrasted sharply with U.S. sales, which plunged about 35 per cent in October to near 25-year lows.

Automakers sold a total of 122,711 vehicles in Canada in the month, as sales of import brands such as Toyota and Honda rose 8.8 per cent, while sales for the big U.S. automakers fell 5.4 per cent. REUTERS

Business in brief

MEDIA Media company Rogers Communications may look beyond the children of its founder for its next chief executive, analysts said yesterday after Ted Rogers was admitted to hospital last week.

RAIL Canadian National Railway will pay $50 million for three Eastern Canadian rail lines it sold in the 1990s, echoing recent repurchases in the West. The 865 km of tracks in Ontario, Quebec and New Brunswick were bought from Quebec Railway Corp.

DIESEL Refinery restarts by two of Alberta's key suppliers of diesel, Imperial Oil Ltd. and Suncor Energy Inc should ease a shortage of the fuel in the region that has left some stations dry and others rationing. REUTERS

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Henry Choo Chong
choochonghcga@yahoo.ca

Q Like many Canadians, I have lost tremendous value in my investments both inside and outside my RRSPs. I plan to strategically sell some of them to minimize my tax burden, including a transfer to the new Tax-Free Savings Account. Liam

A The past several weeks have been very stressful for many Canadians — particularly upon the receipt of their monthly investment statements. Most financial advisors would not recommend selling after portfolios have taken such a huge hit. However, individuals that have made their decision to sell some stocks should do so with Prime Minister Stephen Harper and his merry band in waiting.

Investments sold inside RRSPs will not have tax consequences. RRSP losses cannot be used against income in their tax filing. Should an individual choose to withdraw any of these funds from their RRSPs, Mr. Harper will be more than happy to accept contributions.

Proposed in the 2008 budget, the new Tax-Free Savings Account (TFSA) becomes available in the new year, 2009. Individuals with any spare cash but with no desire to share with Mr. Harper should consider opening a TFSA.

For details about the TFSA, read the full column at metronews.ca

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Are we Generation Bling?

SmartCookies

This past week, the Smart Cookies spoke to 600 bright-eyed high school students about money. We took our message to this next generation with the goal of instilling some financial wisdom that we certainly didn't get (or listen to) at their age.

And a recent study indicates that we are not alone in our financial ignorance. Charles Schwab reports that most "Generation Xers" — aged 27 to 40 — are way behind when it comes to retirement savings. Almost half of the 5,000 people surveyed reported being so overwhelmed by debt and living paycheck to paycheck, that they could not even begin to think about savings and retirement planning.

As we began to think about what advice we could offer, we also thought about how generations before ours dealt with their money and what advice we could take from them now. One of our own Smart Cookies recalls chatting with her grandfather about how individuals of his age group spent and saved, and his answer was simple; "we had no credit, if we wanted to buy something, we had to have the cash to do so." Sound simple? It is! Here are more lessons from previous generations:

Cash, cash and more cash.

It may sound old school, but Smart Cookies live by the cash system. We allow ourselves an allotted amount of "fun money" each week, and when the money disappears, we are not allowed to resort to credit. It's helped us get out of debt, start saving and also has kept our priorities in check.

If the shoe fits, you don't have to buy it.

"In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling?"

For whatever reason, our generation never learned this lesson. Instead we feel that we are entitled to everything our parents worked their whole lives for — the beautiful home, the luxury car, the fabulous wardrobe — by the time we are 30. You will have all these things, just not right now. If you wait until you can truly afford them, these possessions will mean much more.

Whose life are you living anyway?

It's easy to fall into the trap of trying to keep up with your friends when it comes to portraying an image, but if it means using your credit, it's time to reconsider your priorities.

In recent years, our generation has felt even more pressure to pretend as if we have it all. But really, who are you fooling? Not your friends or your family, who know that you are living way beyond your means. And we are willing to bet that your boyfriend doesn't care whether you have the latest Prada bag!

Visit smartcookies.com for more money saving tips and email questions or comments to smartcookies@metronews.ca.

And pick up our book Smart Cookies Guide to Making More Dough on sale in bookstores.

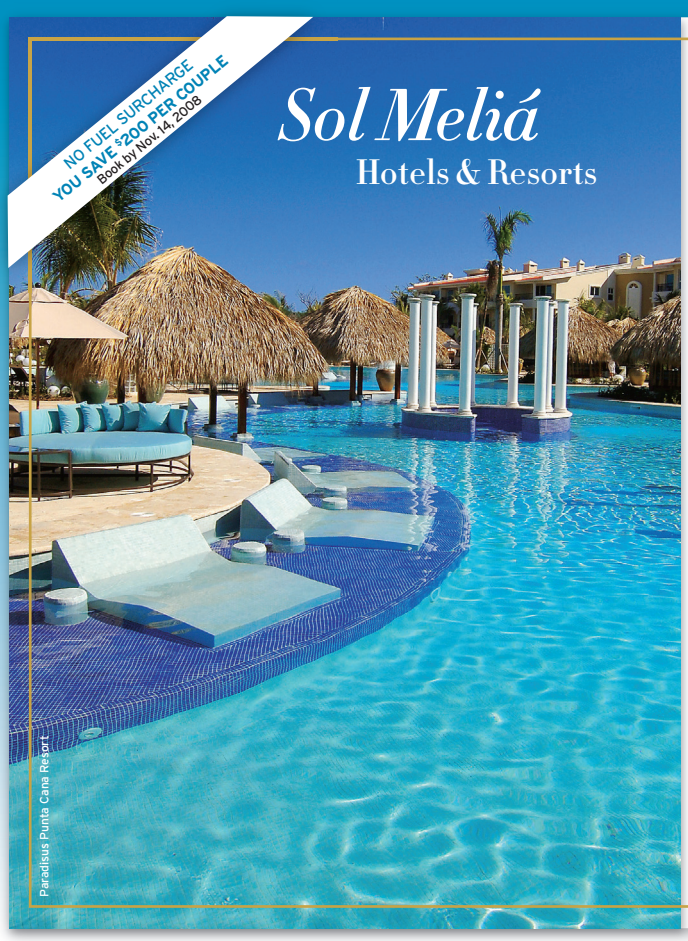
Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

The online column will return next week.

AIR CANADA VACATIONS



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201 - 13734 104th Ave.
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2404 King George Hwy.
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108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

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10 - 3189 King George Hwy.

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Canucks look to get back on track

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SCOTT RINTOUL
scott.rintoul@metronews.ca

As the Predators kick off a lengthy road trip on the west coast, the Canucks are just getting comfortable for a two-week helping of home cooking. Nashville rolls into Vancouver having picked up seven of a possible eight points in its last four games, while the Canucks had a two-game win streak halted abruptly by the Red Wings on Sunday. The Canucks have won three straight against the Preds after losing the first meeting between the two last season.

NEW M.O. UP FRONT: Barring a waiver claim by another team, winger Michel Ouellet is expected to make his Canucks' debut tonight after being called up from Manitoba yesterday. Ouellet leads the Moose in scoring with ten points in as many games, and has scored 116 points in 187 career NHL games.

MAKING A KILLING: Vancouver has allowed six power-play goals over its last two games, but the Predators might be just what the doctor ordered. Nashville's powerplay ranks 18th in the NHL and has capitalized on just two in its last fourteen opportunities.

STAR GAZING: Martin Erat has been hot of late, scoring five goals and a shootout winner in his last six games. Former Kelowna Rockets' defenseman Shea Weber leads the Nashville blue liners with twelve points and a +5 rating in eleven games.

Clermont could return for Semi

CFL TSN reported Monday that the Lions could have Jason Clermont in the lineup for Saturday's Western semifinal against the Roughriders. Clermont has been out of action since suffering a sprained MCL in a Week 16 game against the Eskimos. Tickets to Saturday's game in Regina sold out yesterday in 35 minutes.

13 Lions named to West all-stars

CFL A division-high 13 B.C. Lions players have been named to the 2007 CFL West Division All-Star team. Geroy Simon, Paris Jackson, Jason Jimenez, Rob Murphy, were named to the offensive team with Cam Wake, Brent Johnson, Aaron Hunt, Javier Glatt, Korey Banks, Barron Miles, Dante Marsh getting defensive honours. On special teams, both punter Paul McCallum and return man Ian Smart made the squad.

Blum named WHL player of week

WHL Vancouver Giants defenceman Jonathon Blum was named Western Hockey League player of the month yesterday. The 19-year-old blue-liner had 14 points over the stretch and a plus-20 rating.

METRO NEWS SERVICES

Iverson traded to Pistons for Billups

NBA The Detroit Pistons acquired four-time NBA scoring champion Allen Iverson from the Denver Nuggets yesterday in a blockbuster deal that sent Chauncey Billups, Antonio McDyess and Cheikh Samb to Colorado.

Iverson may make his Pistons debut in Toronto on Wednesday.

After watching Detroit knocked out in the Eastern conference finals for a third consecutive year in May, president Joe Dumars had promised to shake things up.

He delivered on his word just two games into the new season swapping Billups, the most valuable player on the Pistons 2004 championship team, for Iverson, the 2001 league MVP.

"We are pleased to welcome Allen Iverson to the Pistons organization," Dumars said on the NBA website. "Allen has proven he is one of the elite players in the league and we like what he adds to our roster at the guard position."

Taken first overall by the Philadelphia 76ers in the 1996 NBA draft, Iverson has been one of the league's most consistent and dynamic scoring threats averaging 27.7 points per game in 13 seasons.

A nine-time all-star, 33-year-old Iverson averaged 18.7 points and 6.7 assists in the Nuggets' opening three games this season.

The move to Denver will constitute a home-coming of sorts for Billups and McDyess, who both had stints with the Nuggets earlier in their careers.

Billups, who was born in Denver and played his college ball in Colorado, was a cornerstone of a Pistons team that made it to the Eastern conference finals for six consecutive years.

The 32-year-old point guard has averaged 14.8 points and 5.5 assists in 12 NBA seasons, that has also included stops in Boston, Toronto and Minnesota.

McDyess will be embarking on his third stint in the Mile High City having played for the Nuggets from 1995-97 and again from 1998-2002.

REUTERS

Alouettes the new odds-on favourites

YorkReport

Marty York

marty.york@metronews.ca

Before the CFL season kicked off in late June, the Montreal Alouettes were perceived as so inept and so incompetent that they were ranked as the longest of longshots to capture the Grey Cup championship.

They were 110-to-1 underdogs — with all seven of the CFL's other squads ranked by oddsmakers ahead of them, including the Toronto Argonauts, who were listed as Grey Cup favourites at 2.35-to-1.

And so it boggles the mind that, as this little league of lunacy prepares only four months later to launch its playoffs, it was the Argos who turned out to be inept and incompetent — and ineligible for post-season participation — while Montreal has emerged as the team to beat.

In fact, when the oddsmakers updated their CFL odds yesterday, the Als were listed as the new Cup favourites at 2.25-to-1.

They are followed by the Calgary Stampeders (2.5-to-1), the Saskatchewan Roughriders (8-to-1), the B.C. Lions (10-to-1), the Winnipeg Blue Bombers (17-to-1) and the Edmonton Eskimos (19-to-1).

• The Als finished atop the Eastern Division and defied the odds this season because:

– New head coach Marc Trestman quickly adapted to CFL-style football when skeptics suspected his strictly-NFL background would prevent him from doing so.

– Quarterback Anthony Calvillo, at 36, bounced back from a 2007 season of on-field and off-field adversity.

– Every other Eastern team, including Toronto, were dreadful.

• The Als need only two victories — the Eastern final and the Grey Cup game, both on their home turf — to win the CFL championship, which is largely why they're post-season favourites, but I'm sticking with the team I chose before the season — the Stamps, who have a first-rate offence with MVP candidate Henry Burris, their quarterback, as well as running back Joffrey Reynolds and receiver Ken-Yon Rambo. Reynolds and Rambo led the CFL in rushing and receiving, respectively.

And here's something else for the Als to worry about: The second-place finisher in the East has advanced to the Grey Cup game in three of the past four years. Winnipeg finished second in the East this season.

• And, in baseball, B.C. native Ryan Dempster has let it be known he's planning to jump from the Chicago Cubs as a free agent because the club will not offer him more than a three-year contract.

Dempster, an all-star pitcher in the past season, is 31 and wants at least four years guaranteed.

Either way, he's due for a bulky raise and will make no less than $12 million US a year. The most he made for any of his seasons with the Cubs was $5.5 million.

Favourites

• Oddsmakers have established the Blue Bombers as 2.5-point favourites over the Edmonton Eskimos for Saturday's Eastern semifinal in Winnipeg. The Roughriders, meanwhile, are 3.5-point favourities over the B.C. Lions for Saturday's Western semifinal in Saskatchewan.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

NHL Alexander Ovechkin returned to the Washington Capitals on Monday, practicing with his teammates after a week away to spend time with his ailing grandfather in Russia. He is slated to play tonight, when the Caps play the Senators in Ottawa.

MLB Ruben Amaro Jr. signed a three-year contract Monday to become General Manager of the Philadelphia Phillies, a quarter-century after he was a bat boy for the team. Amaro just completed his 10th season as assistant Phillies GM and replaces the retiring Pat Gillick.

NBA Toronto Raptors forward Chris Bosh was named the Eastern Conference's player of the week yesterday. Bosh led the Raptors to a 3-0 week by averaging 26.0 points, 10.0 rebounds and 3.7 assists. Hornets point guard Chris Paul took the Western Conference honour. METRO NEWS SERVICES

SCOREBOARD

NHL

WESTERN CONFERENCE

CENTRAL DIVISION

	W	L	OL	PTS
Detroit	8	2	2	18
Chicago	6	3	3	15
Nashville	6	4	1	13
St. Louis	5	5	0	10
Columbus	4	6	2	10

NORTHWEST DIVISION

	W	L	OL	PTS
Minnesota	7	2	1	15
Calgary	7	4	1	15
Edmonton	6	4	1	13
VANCOUVER	6	6	0	12
Colorado	5	7	0	10

PACIFIC DIVISION

	W	L	OL	PTS
San Jose	10	2	0	20
Anaheim	7	5	1	15
Dallas	4	6	2	10
Phoenix	4	5	0	8
Los Angeles	3	6	1	7

EASTERN CONFERENCE

NORTHEAST DIVISION

	W	L	OL	PTS
Buffalo	8	2	2	18
Montreal	8	1	1	17
Boston	6	3	3	15
Toronto	5	4	3	13
Ottawa	4	5	2	10

ATLANTIC DIVISION

	W	L	OL	PTS
N.Y. Rangers	10	3	1	21
New Jersey	6	3	2	14
Pittsburgh	6	4	2	14
Philadelphia	4	4	3	11
N.Y. Islanders	3	7	2	8

SOUTHEAST DIVISION

	W	L	OL	PTS
Carolina	6	3	2	14
Washington	5	4	1	11
Tampa Bay	4	3	3	11
Florida	4	6	1	9
Atlanta	3	7	2	8

LAST NIGHT'S GAMES

Buffalo 2 New Jersey 0
N.Y. Islanders 4 Columbus 3 (OT)
Chicago 6 Colorado 2

TONIGHT'S GAMES

N.Y. Islanders at N.Y. Rangers
Carolina at Toronto
Washington at Ottawa
Phoenix at Calgary
Nashville at VANCOUVER
Anaheim at Los Angeles
Minnesota at San Jose

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	PCT.
Toronto	3	0	1.000
Boston	2	1	.667
Philadelphia	2	2	.500
New Jersey	1	1	.500
New York	1	2	.333

SOUTHEAST DIVISION

	W	L	PCT.
Atlanta	2	0	1.000
Orlando	2	2	.500
Charlotte	1	2	.333
Miami	1	2	.333
Washington	0	2	.000

CENTRAL DIVISION

	W	L	PCT.
Detroit	3	0	1.000
Chicago	2	2	.500
Cleveland	2	2	.500
Milwaukee	2	2	.500
Indiana	1	1	.500

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	PCT.
Houston	3	0	1.000
New Orleans	3	0	1.000
Memphis	2	2	.500
Dallas	1	2	.333
San Antonio	0	2	.000

NORTHWEST DIVISION

	W	L	PCT.
Utah	3	0	1.000
Minnesota	1	1	.500
Denver	1	2	.333
Portland	1	2	.333
Oklahoma City	0	2	.000

PACIFIC DIVISION

	W	L	PCT.
L.A. Lakers	3	0	1.000
Phoenix	2	1	.667
Golden State	1	3	.250
L.A. Clippers	0	4	.000
Sacramento	0	4	.000

LAST NIGHT'S GAMES

Orlando 96 Chicago 93
Philadelphia 125 Sacramento 91
Detroit 101 Charlotte 83
Memphis 90 Golden State 79
Cleveland 100 Dallas 81
Utah 89 L.A. Clippers 73

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Management going green
Sixteen universities in the U.S. and Canada have MBA programs with emphases, concentrations or specialization in environmentally and socially responsible business, according to the Association for the Advancement of Sustainability in Higher Education. GREENBIZ.COM

MBA Guide

Women execs supported: Study

Female executives are backed by emotionally supportive husbands more often than previous research would suggest, a study co-authored by a York University professor has found. According to the research, women rank this emotional support as the biggest enabler of their success in work and family life.
METRO NEWS SERVICES

EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

A degree that works

MBA can get you closer to lucrative employment

MBAs can get you up the corporate ladder but it's useful to consider time and money factors before enrolling into a program.

BRIAN TOWIE
brian.towie@metronews.ca

MBAs can advance a career, but it takes time and money, and your circumstances may dictate whether or not it's worth your while to pursue one.

A Master's Degree in Business Administration helps to break barriers and get you closer to the job you want at lucrative pay, and it's not just for the Bay Street boardroom types who pour over charts and demographics as one might think.

Many MBA programs offer hands-on opportunities to learn outside of the classroom — studying abroad, setting up entrepreneurial initiatives in your school's surrounding community, networking with senior executives — a student can pick up valuable business acumen and experience in a number of ways.

"What an MBA does for people is exponentially broadens their view of what business is all about. It's an economic study of the way the world works," says Barbara Jaworski, founder of The Workplace Institute and author of Kaa-Boom! How to Beat The Workforce Crisis

"What an MBA does for people is exponentially broadens their view of what business is all about. It's an economic study of the way the world works. If you've hit a ceiling, it's also an excellent way to start a new career."
Barbara Jaworski, founder of The Workplace Institute and author of Kaa-Boom! How to Beat The Workforce Crisis

50Plus Worker And Beat The Workforce Crisis.

"If you've hit a ceiling, it's also an excellent way to start a new career."

It's the degree that cross-pollinates, adds Tricia Ryan, author of marketing resource book Hungry To Succeed.

Even coupled with a degree that may be unrelated to business, economics and finance, an MBA shows trainability in more than one discipline and can lead to advancement in various fields.

"There's a realization that you've got a range of skills, and that can put you in senior positions in the long term," she said.

Some MBA schools have figured this out.

York University's Schulich School of Business blends its MBA program with elective subjects such as arts and media, property development and health industry management.

Of course, it takes a serious investment of cash and time to yield that wealth of experience.

Students can expect to pay through the nose for an MBA (one of the most expensive ones being the University of Toronto's Rotman School of Business' full-time MBA program, which runs more than $67,000), and curriculums can keep you out of the job market for more than a year.

You must therefore ask yourself if an MBA merits that kind of commitment, says Ryan, noting part-time and 12-month intensive programs are growing in popularity among graduates and professionals.

"That is a challenge. Though it is a fabulous work experience, it's harder to go back and do an MBA if you're already making six figures," she said.

"You have to think about how far you are in your career. Let's say you went somewhere where it would cost $100,000 per year. How many years you would need to work to pay that back? If you've been working for some time, consider how many years you have left. Do you have the time?"

MBA programs across Canada

If you want to get that degree that will give you an advantage in the boardroom, but aren't sure where to take it, here are some of your cross-country options. Tuition fees don't include cost of books, living expenses, etc.

- **University of Alberta School of Business**
Where: Edmonton
How much: $23,500
Length of program: 16 months.
This business school can frequently be populated by students looking to go into the oil and gas sectors, with a wide range of both international and domestic students participating in the program. Dean Mike Percy is well-connected in the city, and students who perform well can develop a network among Edmonton's power players that much faster.

- **University of British Columbia, Sauder School of Business**
Where: Vancouver
How much: $38,967.06
Length of program: 15 months
Sauder attracts the outdoorsy type who works as hard as they play: The penthouse boardroom gives a view of the North Shore mountains and access to Whistler is easy.

- **University of Calgary, Haskayne School of Business**
Where: Calgary
How much: $24,000
Length of program: 16 months
Much like the University of Alberta's School of Business, student can hob-nob with oil and gas execs in a small but booming community.

CONTINUED ON PAGE 14

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Need MBA advice? The website canadianmba.com profiles some of the most prestigious business schools in the country. SOURCE: CANADIANMBA.COM

Masters of Business Administration programs coast-to-coast

>> CONTINUED FROM PG. 12

• **Carleton University, Eric Sprott School of Business**
Where: Ottawa
How much: $5,000 (approx.)
Length of Program: 12 months
This MBA program is transitioning its focus from academics — which is still a central part of its curriculum — to a more hands-on, on the job feel. This program also doesn't require you to have two years' work experience before starting an MBA, which accounts for many of the fresher faces you might see in class.

• **Concordia University, John Molson School of Business**
Where: Montreal
How Much: $10,000 (varies depending on frequency of payment)
Length of Program: 16 months
Unlike the McGill program, Concordia's curriculum focuses on innovation instead of tradition. The program puts high value into hands-on learning and offers students more flexibility with its options to mix electives and begin at three different times during the year.

• **Dalhousie University, School of Business Administration**
Where: Halifax
How Much: $2,550 per course
Length of Program: 20 months
Nestled in the heart of Halifax's trendy downtown, Dalhousie offers a well-rounded program where student can take advantage of opportunities abroad with international exchange programs.

• **McMaster University, Michael G. DeGroote School of Business**
Where: Hamilton
How Much: $20,989
Length of Program: 20 months
Students at DeGroote enjoy a world-class faculty without the competitive mood of some business schools in nearby Toronto. The school boasts that four out of five program graduates are employed within three months after graduating, and that a McMaster MBA provides a 118 per cent salary increase, the highest in Canada.

• **University of Ottawa, School of Management**
Where: Ottawa
How Much: $11,485
Program Length: 12 months
Perfect for bilinguals, Ottawa's MBA students take their classes in both English and French, with the competency to write exams and complete assignments in both. Graduates commonly look for jobs in government departments and Ottawa's tech sector. The school also offers a shortened program for those who don't want to be off work for more than a year.

• **Queen's University, School of Business**
Where: Kingston
How Much: $60,000
Length of Program: 12 months
Ranked number one in 2006 by BusinessWeek Magazine, Queen's University's School of Business features an intensive 12-month program that integrates one-on-one coaching and an international exchange program at one of their 15 partner schools in Europe.

• **Saint Mary's University, Sobey School of Business**
Where: Halifax
How Much: $14,137
Length of Program: 16 to 20 months
Sobey often plays number two to rival Dalhousie, but students are often drawn by its growing reputation thanks to its smaller class sizes and collegial atmosphere. The school has strong Maritime roots and places high value on giving back to the community around it, often pairing students with local businesses to work on projects.

• **Simon Fraser University, Segal Graduate School of Business**
Where: Burnaby, B.C.
How Much: $27,000
Length of Program: 12 months
The curriculum of this intense MBA program packs in 2 years worth of study in 12 months. Students learn the fundamentals of functional management areas: finance, accounting, marketing, operations, economics and strategy. The program also includes a field study in a Pacific Rim country.

University of Toronto, Rotman School of Management
Where: Toronto
How Much: $67,997.74
Length of program: 2 years
Boasting one of the best pedigrees in the country, the Rotman School of Management is located in North America's third-largest financial centre. The school ranks 40th in the annual Financial Times rankings of the top MBA programs in the world, and is in the top 20 in North America.

• **University of Victoria, Faculty of Business**
Where: Victoria, B.C.
How Much: $27,750
Length of Program: 17 months
This MBA program is still relatively new as it was started in 1992. But students are attracted to the program due to its small class sizes and personal attention from professors and peers. The program also offers the opportunity to study at partner institutions all over the world.

• **University of Western Ontario, Richard Ivey School of Business**
Where: London, Ont.
How Much: $64,000
Length of Program: 12 months
This program is about as Ivy League as it gets. It's Canada's oldest MBA institution, and is reputed for its connections to the nation's financial establishment. More than half of Ivey's grads head into Bay Street professions such as investment banking and management consulting.

• **York University, Schulich School of Business**
Where: Toronto
How Much: $45,000
Length of Program: 20 months (on average)
Schulich's main selling point is its diversity. The school recommends students take more than one of its 20 specialized subjects ranging from finance to real estate and infrastructure to business ethics.

BRIAN TOWIE/ METRO TORONTO

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Visit us at The MBA Tour
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JAMES SHAW
IMBA '00
Director, Corporate Banking Execution
Scotia Capital Mexico

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The Schulich IMBA is your ideal choice if you're a Canadian or international student intent on pursuing a global career. You'll leverage international interests and experience by specializing in global trading regions and studying overseas. You'll make second language skills a competitive advantage and gain firsthand business experience during a work term abroad. As a future global business leader, you'll be internationally focussed, culturally sensitive and prepared to operate across borders.

SABINA STEINKELLNER
EMBA Class of '09
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EMBA | KELLOGG-SCHULICH EXECUTIVE MBA
The Kellogg-Schulich EMBA offers you global contexts, global content and global contacts. On alternating weekends for 18 months (with no classes in July and August), you'll gain international perspectives on global strategic management and decision-making from the exceptional faculty from Kellogg, Schulich and Kellogg's global EMBA partners. As well, you'll be able to personalize your studies through electives offered at Kellogg, and global electives offered at EMBA partner schools abroad.

SCHULICH LEADS IN RANKINGS
The Schulich MBA is ranked in the **world's top tier** of best business schools by leading publications, including *The Wall Street Journal* (11th in the world in "Top International Schools" ranking); *The Economist* – Economist Intelligence Unit (15th in the world); *Forbes* (4th best non-US school); and *Expansión* (23rd in the world) in their most recent global surveys. **The Schulich MBA** is also ranked **#1 in Canada** by the same publications.
Kellogg's global network of Executive MBA programs, including the Kellogg-Schulich EMBA, is ranked **#1 in the world** by *The Wall Street Journal* in its inaugural EMBA survey. **The Kellogg-Schulich EMBA** is ranked **#1 in Canada** by the *Financial Times* of London in its most recent global EMBA survey.
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MBA Tour to hit cities

The MBA Tour shows no signs of slowing down as it gears up to go around Canada in early November. As part of their global journey, The MBA Tour will visit Vancouver and Toronto on Nov. 6 and 8 respectively, introducing prospective Canadian MBA students to key decision makers.

The MBA Tour is an organization travelling with top universities and business schools from around the world offering MBA candidates the chance to meet one on one with admissions directors, take part in panel presentations and round table discussions, and hone their networking skills.

This event gives prospective MBA candidates an opportunity to speak personally with business school representatives and alumni.

The Tour also provides an outstanding opportunity for candidates to research business schools and make informed education and career choices, whilst offering the business schools an ideal chance to meet a highly targeted audience of the world's best young professionals.

Twenty-seven of the top 30 North American business schools and all the top schools from Europe, Asia, and South America are part of the QS World MBA Tour.

TAGHREED SAADEH/ FOR METRO CANADA

If you go
• **WHEN:** Thursday, Nov 6
WHERE: Vancouver Convention & Exhibition Centre, 999 Canada Place, Suite 200
TIME: 4:30 - 9:00 pm
FEE: $5 Pre-Register Online www.thembatour.com
$10 On-Site Registration

Film reveals experience of 'orgasmic' birth
Filmmaker Debra Pascali-Bonaro, an internationally known childbirth expert, recently released a new film that reveals the experience of an 'orgasmic' birth, aptly called Orgasmic Birth. For more information, visit her website at *orgasmicbirth.com*. TORSTAR NEWS SERVICE

Health

Freshen up those runners

Tackle odours with fun styles and fresh scents by using Sneaker Balls. These are small air fresheners that are meant to fit anywhere — from inside your sneakers and gym bag to into a locker or clothes hamper. The deodorizing balls come in two scents, power mint and fresh scent, and five different designs, including happy faces, soccer and golf balls. Available at Wal-Mart, Mark's Work Wearhous and Sport Chek for $5.99. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Faceless breakups

Breaking up with someone over text messaging, Instant Messenger or Facebook are just some of the insensitive ways technology has perpetuated faceless communication.

According to an October survey commissioned by Samsung Telecommunications America, 11 per cent of Americans say breaking up with a boyfriend or girlfriend via text message is OK.

But why stop there? Today's technology offers us all kinds of cowardly ways to break up with someone. Infamous blogger Sandra Soroka dumped her guy by changing her status to read: "Sandra is letting Will know it's officially over via Facebook status." Wikipedia.com owner Jim Wales used his own site to announce that he was no longer seeing his girlfriend and former Fox News correspondent Rachel Marsden. Then he personally gave her the news via Instant Messenger.

Or why not avoid the deed entirely and simply outsource your breakup? At *breakingupiseasytodo.com*, they'll send your dumpee a "kind" or "mean" breakup message via e-mail with an audio attachment.

And breakups aren't the only aspects of your relationship you can outsource. The "Rejection Hotline," (*rejectionhotline.com*) is a number you give someone you don't want to call you that will give them a recorded rejection so you don't have to. Want to get out of a bad date? Use a rescue call service (cingular.com/voiceinfo) that will call you at a predetermined time during your date so you can make a quick getaway. If a relationship leaves you with more than memories, use an anonymous and free STD E-card to notify past sex partners about exposure to sexually transmitted diseases.

Are we all just becoming a bunch of cowards when it comes to relationships and confrontation? Some argue this kind of faceless communication isn't always a negative thing. Deb Levine, the executive director of the Internet Sexuality Information Services (ISIS) in San Francisco, the folks behind the free STD E-cards has said: "E-cards do not replace in-person communication, but for people who are diagnosed with an STD, e-cards can enhance sexual communication and ease a process of disclosure that can be extremely difficult."

"Today's technology offers us all kinds of cowardly ways to break up with someone."

When it comes to publicly breaking up online, fans of jakobandjulia.com – a site where Julia Allison and Jakob Lodwick publicly shared the intimate details of their relationship which eventually led to their split…online of course – described their popular online experiment as "interesting, insightful and inspiring."

Still, you have to wonder if all this confrontation avoidance isn't causing us greater damage. Forcing yourself to communicate and go through the difficult aspects of relationships is what makes us grow and learn.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Health in brief

TURTLE ALERT Think twice before getting a pet turtle. Turtles might seem like good pets – cute, too slow to escape, and won't bark all day — but they carry health risks. A large outbreak of illness in 33 States in the U.S. was traced to pet turtles. These reptiles carry a harmful bacteria called Salmonella which can cause diarrhea, vomiting and other GI problems in humans. CELIA MILNE/FOR METRO CANADA

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Grant, Parker hook up in romantic comedy

Sarah Jessica Parker and Hugh Grant have been tapped to co-star as an estranged couple in a new romantic comedy. The actors will reportedly play a high-powered New York couple placed in the witness-protection program in a small mid-western town in the upcoming film. **IMDB.COM**

Entertainment

Mom worried

James Bond star Daniel Craig's mother, Carol, feared her son would end up as a failed actor when he quit school. "I knew in my heart he would make it, but you worry as a mother." IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Bond tops foreign box office

MOVIES The new James Bond movie Quantum Of Solace has shot to the top of the international box office chart, taking $38.6 million US in its opening weekend, imdb.com reports.

The action thriller thrashed the competition in its first few days. In the U.K. market alone, it took $25.3 million US.

Special BRIT prize for Pet Shop Boys

MUSIC The Pet Shop Boys will receive the Outstanding Contribution to Music award at next year's BRIT Awards, femalefirst.co.uk reports.

Neil Tennant and Chris Lowe will receive the prestigious accolade at a February ceremony and will close the event with a live performance of their greatest hits. **METRO NEWS SERVICES**

Sizing up Bond's refined taste

There's a scene in On Her Majesty's Secret Service that's even more dated than Roger Moore's leisure suits and Sean Connery's terrycloth cabana wear.

After ordering a heap of beluga caviar to share with Bond girl Diana Rigg, one-shot Bond George Lazenby beats an evil henchman into unconsciousness, then helps himself to a heaping spoonful of glistening black fish eggs on a wedge of toast on his way out of the demolished hotel room.

Today, that single spoonful of caviar would cost you at least a hundred dollars, if you could get it at all. The James Bond created by Ian Fleming on the page and in over 20 movies onscreen is a self-styled sybarite and gourmand, but this might be an even more fantastic aspect of Bond than the villain's lairs in extinct volcanoes or the tricked-out sports cars.

Anthony Rommens runs Caviar Direct in the basement of Toronto's St. Lawrence Market, and when he began in the business 15 years ago you could still get real caviar from Caspian Sea sturgeon. One of the ironies of Bond is that the Soviet empire he fought against his whole career ensured him a steady supply of beluga for his amorous conquests; once the Berlin Wall fell, fishing for sturgeon in the Caspian became a free-for-all eventually controlled by the mafia. Three years ago, a ban was put on export of caviar from the area.

PHOTO BY STEWART BAILEY

Rick McGinnis, researching the Becoming James Bond series, with a few of the ingredients for the classic Bond martini.

"Basically it's fished out everywhere — it's an endangered species," Anthony tells me. "Even the average millionaire can't afford it." He's found alternative sources for his caviar, but you'd expect to pay at least $165 for a tiny jar of beluga.

"The idea of Ian (Fleming) being a sophisticated good liver was nonsense," says John Pearson in James Bond: The Real Story, a British documentary airing on the Discovery channel this weekend. Pearson is the author of biographies of both Fleming and Bond, and was the writer's assistant at London's Sunday Times.

At a Toronto liquor store, product consultant Stewart Bailey is trying to help me price out the sort of cellar a James Bond would need to have. A 2000 Dom Pérignon would cost $220, but a '55 — Bond's favourite vintage — runs between $1,205 and $1,942 according to a search on winesearcher.com. He'd need a good supply of gin and vodka for his martinis, and a few bottles of something like the 2003 Chateau Latour 2003 at $1,843.23 — "minus $0.25 for the bottle deposit."

Madonna spotted with A-Rod

Pop star Madonna and baseball star Alex Rodriguez were reportedly spotted having a double date recently with Jerry and Jessica Seinfeld at their Hamptons, N.Y., home, according to the New York Post's Page Six. INTOUCHWEEKLY.COM

LEFT: Models Danielle Evangelista, left, Teagan Avolevo and Hallie Bird are pretty as peacocks at the Jet Set party. **RIGHT:** Frances Hui, left, Craig Turner and Traci Myles party as a Grecian goddess, Ozzy Osbourne and a blond bombshell baseballer.

ABOVE: Riche Designs' Michelle Lau, left, and Sarah Szeto look fab in feathers at the Jet Set Halloween party.

The cancer battle

SocialEyes

Catherine 'Cat' Barr

info@catherinebarr.com

Over the last few years, I've received an increasing number of disturbing phone calls — and frankly, I'd like them to stop. The calls are from friends and they all contain the same upsetting news: . . "Catherine, I've got breast cancer." This disease knows no boundaries and seems to be occurring more frequently than I ever remember. Happily, survival rates are at an all-time high, but this can't happen without early detection. This was the message sent out as the Canadian Breast Cancer Foundation held its annual Awareness Day luncheon at the Fairmont Hotel Vancouver. An impressive panel of VIPs and politicians signed a proclamation to the year 2020 and "a future without Breast Cancer." Then, an astute panel of experts delivered the biggest message of the day: Get an annual mammogram. So far, I have been lucky. Up until this week, I honestly hadn't thought about doing it — but now I am. So it is with great humility that I dedicate this column to all women in battle, and to mark the end of Breast Cancer Awareness Month by challenging women to discuss this option with your doctor.

Also, congrats go out this week to the good folks at the Juvenile Diabetes Research Fund and their Rockin' for Research gala at the Hyatt hotel. This group is getting closer and closer to a cure.

And lastly, Stanley Park Pavilion was possessed on a number of levels Halloween night as the Jet Set Crew took flight with their highly successful Monster Mash bash which attracted some of Vancouver's most boo-tiful people.

Cat calls? Submit your event at catherinebarr.com. She can also be heard on 650 CISL AM Radio every Tuesday at 8:40 a.m.

ABOVE: Jet Set Halloween party organizer Craig Stowe plays the part of a bloodied test pilot alongside guest Jessica Olafson.

ABOVE: Shortly after their marriage and honeymoon last year, rocker Bif Naked and hubby Ian Walker discovered Bif had breast cancer. Today she is bravely winning the battle. **LEFT:** Premier Gordon Campbell and board director Lenora Gates dedicate this Awareness Day luncheon to "2020 — a future without Breast Cancer."

ABOVE: Selling carnations to cure Juvenile Diabetes, volunteers Deborah Kelly, left, and Mani Sandhu work the crowd at Rockin' for Research.

On the web

Visit metronews.ca to read:

- Read Rick McGinnis' IntelleVision column
- This week's DVD picks

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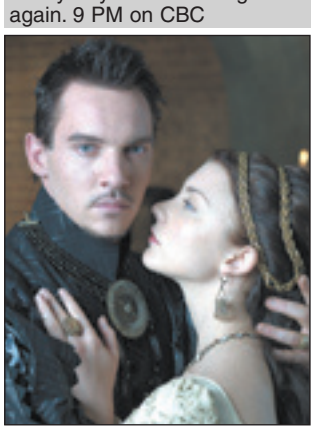
VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/4/08 primetime	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (CC)		CBC News: The National (N) (CC)		
	255	358	6 JOY	E! News	The Insider	Wide Awake (2007) Missy Peregrym, Scott Wickware. (CC)				The Best Years		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	Indecision: America		Criminal Minds (N) (CC)		To Be Announced		To Be Announced		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H "Rites of Passage"		The Daily	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	House (CC)		90210 "Secrets and Lies" (N)		Kitchen Nightmares (N) (CC)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Pushing Daisies (CC)		Criminal Intent				News (CC)
	253	359	13 CITY	Law & Order: SVU		Rita Rocks	Rita Rocks	Privileged (N) (CC)		Hates Chris	Friends (CC)	EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Secrets and Lies" (N)		Privileged (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	(4:00) Campaign '08: Election Night (Live) (CC)								KIRO News
	287	379	16 NBC	(4:00) 2008 Election Night Voting results. (Live) (CC)								KING 5 News
	602	568	19 W	Will & Grace	Friends (CC)	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	(4:00) ABC News: Vote 2008		KOMO 4 News	ABC News: Vote 2008 (Joined in Progress) Voting results. (Live) (CC)					KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Hollywood Homicide ★★ (2003) Harrison Ford, Josh Hartnett.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	(6:00) The Newshour Election Night Coverage 2008 (CC)				Antiques Roadshow (N) (CC)		Remarkable People		Bob Dylan
	290	382	28 FOX	Two/Half Men	Two/Half Men	You Decide 2008: Election Special (Same-day Tape) (CC)				News (N) (CC)		Q-13 News
	-	364	43 PBS	(6:00) The Newshour Election Night Coverage 2008 (CC)				Tavis Smiley	Charlie Rose (N) (CC)		Nova "Car of the Future"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Entertainers (N) (CC)		Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Secrets and Lies" (N)		Privileged (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		WGN News Election Special		According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		(:35) The Ex List (CC)		(:37) The Biggest Loser: Families (CC)			Will & Grace
news	502	390	23 NW	(5:00) CBC News: The National U.S. election coverage. (N) (CC)						CBC News: The National (N)		National
	500	500	33 CNN	(3:00) Election Night in America Presidential election coverage. (Live)								Election Night
sports	407	419	22 RSP	Saturday Night Poker		Hockey	Simply	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey Nashville Predators at Vancouver Canucks. (Live) (CC)					SportsCentre	2008 World Series of Poker		SportsCentre
	411	457	49 OLN	Which Way to... "Titicaca" (N)		Pilot Guides (CC)		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Unique Whips	Hot Import	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips
	416	409	144 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Paid Program	Kings Club	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Chicken	Rick & Steve
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	World of Albert Kahn		The Museum	Art	Operation Filmmaker (2007) Premiere. (CC)		
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Dance	Dance	Degrassi	Instant Star	Pimp My Ride	disBand	Technical Diff.	Video on Trial	Degrassi
	600	564	29 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	The Rookies	The Rookies	Jacked: Theft	Jacked: Theft	The First 48 (CC)		The First 48 (CC)		The Rookies
	628	584	32 SPKE	UFC Unleashed		MANswers (N)	MANswers	CSI: NY (CC)		Star Trek: Voyager "Tattoo"		Deep Space 9
	521	560	34 TLC	Dr. G: Medical Examiner		Half Ton Man		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Gotta Hurt
	616	522	39 SHO	About a Girl	About a Girl	The Best Years "Cruising"		Testees (N)	Trailer Park	The Shield "Moving Day"		House (CC)
	620	523	40 BVO	Samba Squad		Law & Order "Hunters" (CC)		Without a Trace (CC)		If These Walls Could Talk 2 ★★★ (2000)		
	601	562	41 SLC	Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride (CC)		Tori & Dean: Home		Trading Sp
	520	505	42 DIS	Mighty Ships "Resolute"		Daily Planet (CC)		Destroyed	Destroyed	Mighty Ships "Resolute"		How It's Made
	522	506	44 HIS	NCIS "Vanished" (CC)		Outlaw Bikers Hells Angels.		Ax Men "The Big Hit" (CC)		NCIS "Vanished" (CC)		Crime Stories
	627	528	45 SPC	Rabbit Fall (N)	Star Wars	Stargate SG-1 (CC) (DVS)		Lost "What Kate Did" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	The Office	The Office	Frank TV (N)	Sex and-City	Sex and-City	Seinfeld	Very Funny Standup		Frank TV
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	52 FN	Chef School	At the Table	Restaurant Makeover (CC)		Challenge (CC)		The F Word		Chef School
	626	547	57 COM	Air Farce	Corner Gas	Nathan Fielder 2008		The Simpsons	South Park	Indecision 2008 (N) (CC)		Daily Show
	320	621	60 CEN	The King of Kong: A Fistful of Quarters (2007)		Atonement ★★★ (2007, Drama) James McAvoy. (CC)				(:40) The Departed ★★★		
	581	566	101 MTV	Paris Hilton's My New BFF (N)		MTV Live	After	Man and Wife	The Hills	Paris Hilton's My New BFF		MTV Live
	261	394	102 V	Charging the Rhino (CC)		MythQuest "The Oracle"		Bless-Father	On the Buses	Quantum Leap		Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

The Tudors

When an irresistible force meets an immovable object — off with old immovable's head! In this new episode, Sir Thomas More and Bishop Fisher (Jeremy Northam, Bosco Hogan) continued opposition to Henry's (Jonathan Rhys Meyers) seizure of religious authority get them imprisoned in the Tower of London, where they face execution if they don't swear allegiance to him. Things aren't looking good for Anne (Natalie Dormer) either; Henry's eye is wandering again. 9 PM on CBC



2008 Election Night

It all comes down to this. After two years of speculation, analysis, debate and avoidance of the issues, it's been narrowed to two presidential candidates — John McCain and Barack Obama. Now the votes have been cast, and it's up to NBC's pundits, led by Brian Williams and Tom Brokaw, to make sense of the exit polls and tell us whom we can start complaining about for the next four years. 4 PM on NBC

Kidman, hubby carry one-week rule

Actress Nicole Kidman reportedly has an agreement with her husband Keith Urban to never be separated for more than seven days, despite their hectic schedules. FEMALEFIRST.CO.UK

Celebrity Buzz

Fox inspires Reynolds to finish marathon

PEOPLE Actor Ryan Reynolds has credited actor Michael J. Fox with giving him a boost as he raced to the finish line of the New York City marathon on Sunday, imdb.com reports.

Reynolds announced he would be running the 42-kilometre stretch last month, inspired to commit to the challenge after witnessing his father's battle with Parkinson's disease over the past 15 years. Fox also battles the disease.

"I'm still standing. I'm very excited about that. It was an incredible experience," he told reporters after crossing the finish line in three hours and 50 minutes.

"(During the race) I thought a lot about my father and Michael (J. Fox) and the 500,000 other people afflicted with this awful disease in the United States alone. I ran for those who can't," Reynolds said. "When I saw Michael J. Fox on Fifth Avenue, I gained about 15 pounds in goose bumps. It kind of pushed me through the last six miles or so."

METRO NEWS SERVICES

Amy returns to hospital

HEALTH After a weekend at home, Amy Winehouse has returned to the hospital for ongoing treatment, People.com reports.

The 25-year-old singer has spent the past week being treated at the London Clinic. She left the hospital on Friday, but checked back in yesterday.

"She had a chest infection (last week) and underwent some tests to make sure nothing else was wrong," a source said. (Earlier this year, doctors diagnosed the Grammy Award winner with scarring of the lungs.) "She has been told to give up smoking and was initially struggling with that — she was covered in nicotine patches at one point. But she is making an effort."

Despite her health woes, Winehouse has been recording tracks in her home studio for an upcoming album, her London-based rep, Chris Goodman, said.

METRO NEWS SERVICES

celebrity brief

Winslet doubted being famous

FAME Actress Kate Winslet didn't think she would ever be famous because she was "fat," femalefirst.co.uk reports.

"I never had huge ambitions, never," Winslet says. "I was fat. I didn't know any fat famous actresses. I just did not see myself in that world at all, and I'm being very sincere. You know, once a fat kid, always a fat kid. Because you always think that you just look a little bit wrong or a little bit different from everyone else. And I still sort of have that."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

celebrity brief

Butler reveals near epiphany

PEOPLE Actor Gerard Butler had an epiphany at the Church of the Holy Sepulcher in Jerusalem, Israel, but it wasn't enough to stop him smoking, imdb.com reports.

Butler turned to prayer after hypnotism and patches failed to work, and for a moment, he thought a higher power had helped end his nicotine addiction.

"I really felt an epiphany was happening. I even thought I saw a light around me," he says. "Four hours later, I bought a packet of Marlboro Reds. Who am I kidding?"

METRO NEWS SERVICES

celebrity brief

Osbourne, beau move in together

RELATIONSHIPS Reality TV star Kelly Osbourne is getting serious with her boyfriend, Luke Worrall, PageSix.com reports.

The couple now "live together in Los Angeles and in London," a friend of both says. "They are so totally in love."

METRO NEWS SERVICES

Miller, Getty on rocks?

RELATIONSHIPS Actress Sienna Miller has reportedly shelved her romance with oil heir and actor Balthazar Getty after arguments over their differing lifestyles, imdb.com reports.

Miller is alleged to have recently flown back to Britain from the U.S. after initiating a "cooling off" period with Getty. She is claimed to have clashed with Getty, who recently announced his separation from wife Rosetta, over his reluctance to file for divorce.

However, according to Britain's Mail on Sunday, Getty is also fed up with Miller's partying lifestyle. So the couple has decided to spend some time apart in a bid to save their relationship, the newspaper claims.

A spokesperson for Miller has refused to comment on the reports.

METRO NEWS SERVICES

Moore doesn't want to talk to strangers: report

FAME Julianne Moore hates strangers talking to her, femalefirst.co.uk reports.

The actress doesn't like fans assuming they know her and wishes they would respect her privacy.

"I simply don't like talking about my acting or the scene or any of that. I need my space," Moore says. "I'm there doing my thing, and to someone who doesn't know me, it will look like they can talk to me. But they can't."

Moore also admits her career decisions are often influenced by the lure of money.

"There is stuff you do because you love to do it, there is stuff that is not very good, and then there's stuff that you end up doing because you need the money, because like anyone else you have to have a job," she explained to Empire magazine.

METRO NEWS SERVICES

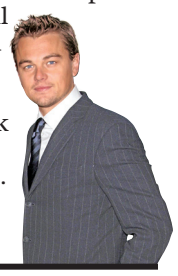
celebrity brief

DiCaprio starts slow with ladies

PEOPLE Leonardo DiCaprio was a "slow starter" with women, femalefirst.co.uk reports.

"I've always been a slow starter," the actor says. "My first date was with a girl called Cessi. We had a beautiful relationship over the phone all summer and then when we met I couldn't look her in the eye," he says.

METRO NEWS SERVICES



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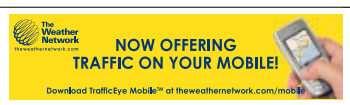
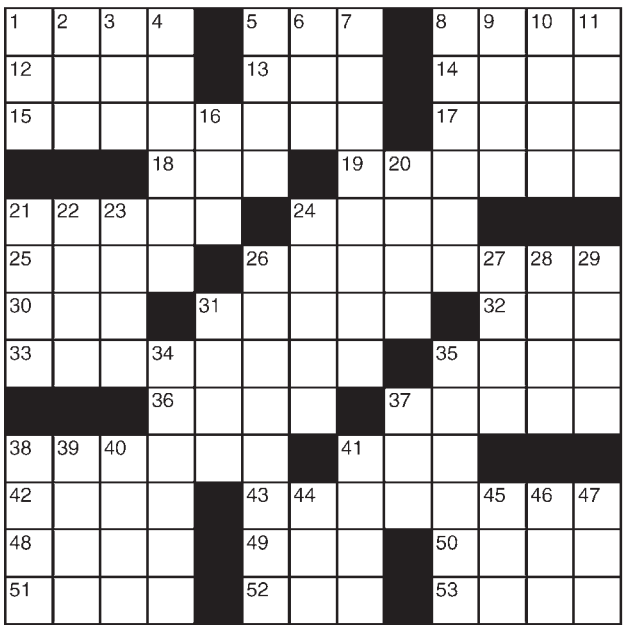
Today Cloudy 9° / 5°
Wednesday Variable 8° / 6°
Thursday Rain 10° / 9°



Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		9				3		6
	2		3		4		5	
3			9		1			7
		5	8		2	9		
		1	7		6	5		
1			5		3			8
	9		4		7		6	
7		2				4		5

Crossword across

1 Moist
5 Occupation
8 Crones
12 Reed instrument
13 Blackbird
14 Geometry calculation
15 Dry red wine
17 Eastern royal
18 Reason to say “alas”
19 Drank
21 Pray in a synagogue
24 Arsonist
25 Phrase of understanding
26 Nightclubs
30 Round Table address
31 Bear
32 “Great Expectations” lad
33 Plotter
35 Missile shelter
36 Ceremony
37 Diamond side
38 Shrimp recipe
41 Lout
42 Forum garb
43 “... of — and kings”
48 Supplemented, with “out”
49 Boxing legend
50 Streamlet
51 Small plateau
52 Allow
53 Black

Crossword down

1 “What’s up, —?”
2 Lawyers’ org.
3 Horde
4 Runt
5 Tarzan’s mate
6 Inseparable
7 Gradually
8 Port
9 Bedouin
10 Chromosome component
11 Aforementioned
16 Director Howard
20 Persia, now
21 Platter
22 Largest continent
23 Action word
24 Obey a comma
26 Indispensable
27 Grand tale
28 “Scrabble” piece
29 Dalmatian marking
31 Radar-screen sound
34 Fleet
35 Jungle trek
37 “Terrif!”
38 Goblet feature
39 Pepsi rival
40 A long time
41 Final notice
44 Brewery product
45 Card-table call
46 Wapiti
47 Crafty

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

J	A	W	■	S	A	L	E	S	■	F	U	R		
A	G	A	■	T	R	E	N	T	■	O	N	E		
M	O	R	S	E	C	O	D	E	■	R	I	D		
■	■	■	I	R	A	■	E	V	I	C	T	S		
S	A	I	L	E	D	■	D	E	L	E	■	■		
O	U	R	■	O	E	D	■	N	A	F	T	A		
P	R	O	F	■	S	O	S	■	Y	E	A	R		
H	A	N	E	S	■	S	P	F	■	E	K	E		
■	■	H	U	L	L	■	E	L	U	D	E	S		
V	O	O	D	O	O	■	N	O	N	■	■	■		
E	R	R	■	G	U	T	C	O	U	R	S	E		
G	A	S	■	A	I	R	E	D	■	A	P	E		
A	L	E	■	N	E	A	R	S	■	Y	A	K		

7	2	6	1	5	4	8	3	9
9	1	5	8	3	7	2	6	4
4	8	3	2	9	6	5	1	7
6	9	8	4	7	2	1	5	3
3	4	1	6	8	5	9	7	2
5	7	2	3	1	9	4	8	6
2	3	9	5	6	8	7	4	1
8	6	7	9	4	1	3	2	5
1	5	4	7	2	3	6	9	8

Find today’s answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Curried chicken salad sandwiches

INGREDIENTS:
1/4 cup (50 mL) low-fat plain yogurt
2 tbsp (25 mL) light mayonnaise
1 1/2 tsp (7 mL) curry powder
1 tsp (5 mL) honey
1/4 tsp (1 mL) salt
2 cups (500 mL) chopped cooked chicken (8 oz/250 g)
1 apple, cored and chopped
2 celery stalks, chopped
4 lettuce leaves
2 whole-grain pita breads (8 in./20 cm), halved

METHOD:
1. In a large bowl, whisk together yogurt , mayonnaise, curry powder, honey and salt. Add chicken, apple and celery.
2. Place a lettuce leaf in each pita half and fill with 1/4 of the chicken salad.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month’s Reader’s Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Don’t project your own flaws onto others. Refusing to commit won’t free you. Don’t play games with anyone who doesn’t know you.

TAURUS
APRIL 21-MAY 21
A close call will distress you. You must ask for help, if you need it. You’ll scream when a secret is finally told.

GEMINI
MAY 22-JUNE 21
Meeting someone new can inspire desire. Contact someone to share your good news. A miserable person has breached a boundary.

CANCER
JUNE 22-JULY 22
You’re nostalgic about your old loves. Someone won’t want to hear the truth. Confusion about signals will open your eyes.

LEO
JULY 23-AUG 23
A bully can be crushed by kind words. Look for emotional support from friends. Refuse to complain about negligence.

VIRGO
AUG 24-SEPT 22
Enjoy someone’s fine sense of hilarity. You’ll see where recklessness leads. The growth of a friendship will create turmoil.

LIBRA
SEPT 23-OCT 23
A weird man has something to say about a happy situation. Your simple pleasures will cause revelations. Rein in your hopeless expectations.

SCORPIO
OCT 24-NOV 22
You have a chance to leave a bad place. Something that was lost is found. Your special talents will be recognized.

SAGITTARIUS
NOV 23-DEC 21
Conflict is ended by your surrender. If you toe the line, you’ll lay yourself open to fury. You can find a lost friend using the Internet.

CAPRICORN
DEC 22-JAN 20
A lover forgives a flirtation. A suspicious employer is checking facts. Don’t doubt that a forlorn woman will change a bad situation.

AQUARIUS
JAN 21-FEB 18
A messy state of affairs is resolved well. Despair will crop up if you’re slacking off. Beware those who give affection unconditionally.

PISCES
FEB 19-MARCH 20
A savings account should be investigated. Get perspective or you’ll be duped by a ridiculous situation. A little man has power issues.

This day in history

NOV. 4, 1918: The German Revolution begins when 40,000 sailors take over the port in Kiel.
NOV. 4, 1922: In Egypt, British archaeologist Howard Carter and his men find the entrance to King Tutankhamun’s tomb in the Valley of the Kings.
NOV. 4, 1973: The Netherlands experiences the first Car Free Sunday caused by the 1973 oil crisis. Highways are deserted and are solely used by cyclists and roller skaters.
NOV. 4, 2002: Chinese authorities arrest cyber-dissident He Depu for signing pro-democracy letter to the 16th Communist Party Congress.

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